

Growing Healthy Families

BENNINGTON DISTRICT OFFICE • Vermont Department of Health, WIC Program
324 Main Street, Suite 2, Bennington, VT 05201 • 1-802-447-6408 or 1-800-637-7347

Story rhythms

Tuesdays, 10:30–11:00 a.m.
Bennington Free Library
Rotary Room
101 Silver Street

A special time filled with stories, songs and movement for babies and toddlers aged 4- to 36 months and their caregiver. Call 442-9051 for more information.



Pre-school story hour

Wednesdays, 10:30–11:30 a.m.
Bennington Free Library
Rotary Room
101 Silver Street

Children ages three to five years old and their caregiver will explore art, movement, math and science through stories and activities. Call 442-9051 for more information.

Breastfeeding Basics

First Wednesday of each month
September 2, October 7, and
November 4
1:00–2:00 p.m.
Vermont Department of Health
WIC Office, 324 Main Street

Are you planning to nurse? Not quite sure? Learn how to get a good start in the hospital and early weeks. Light refreshments. Free drawing for a \$20 Price Chopper Gift Card! Partners, friends, family members welcome!

Call 447-6411 to preregister and for more information.

Secrets of baby behavior

Tuesday, September 22
Tuesday, November 17
10:00–11:00 a.m.
Vermont Department of Health
WIC Office, 324 Main Street

It can be hard to know what your newborn baby is trying to communicate to you when he/she can't talk. Understanding your baby can help you feel less stressed and more confident in caring for your newborn. Learn how to recognize hunger cues, sleep patterns, reasons for crying and solutions to common concerns. Dads and grandparents welcome! Check out www.secretsofbabybehavior.com for more baby behavior tips.

For more information or to preregister, call 447-6411.

All activities are FREE
of charge!

Back to work or school and breastfeeding

Tuesday, October 27
1:00–2:00 p.m.
Vermont Department of Health
WIC Office, 324 Main Street

Going back to work or school doesn't mean breastfeeding has to end. There are many ways you can make it work for you. Topics include pumping and storing your milk, maintaining a good milk supply, working with your childcare provider and how to talk with your human resource manager, supervisor or student advisor about your needs when returning to work or school. Babies are welcome in class!

Call 447-6411 for more information and to preregister.



Get WIC your way with the new WIC card!

More choices and greater convenience are coming your way as WIC changes from home delivery of WIC foods to a new electronic benefits card. Starting in November, you will shop for all your WIC foods at major supermarkets using the new WIC card.

More choices

With an expanded number of WIC-approved food items, you will get to choose among many different brands for dairy, eggs, peanut butter, whole grains, fruits and veggies, cereals and more! Exciting new additions to the WIC food list are yogurt, whole wheat pasta and tortillas.

The WIC card does not change the amount of WIC food benefits you receive, but it will give you more flexibility to buy what you want each month, when you need it. WIC is also expanding our nutrition education offerings so you will have more opportunities to get ideas and make connections that will help you keep your family healthy and happy.

Getting your card

Bring your family to an eWIC Learning Session in September to get familiar with the new food choices and to see how the WIC card works. Watch for the schedule of dates in your August and September home deliveries. We'll also post the schedule on the Vermont Department of Health WIC website and the Bennington Facebook page. Sign up early so you won't miss out when it's time to shop. After attending the eWIC Learning Session, you will receive your new WIC card in the mail.

Ready, set, shop!

Home delivery for Bennington District Office WIC families will end the last week of October, 2015. You'll be able to use your new WIC card in authorized stores beginning November 1st. Your food benefits will be re-issued every three months, either at a WIC appointment, a group event, or after completing an online nutrition activity.

The new WIC card will give you more flexibility, expanded choices, and greater convenience in using your WIC food benefits. It's one of the ways WIC is working hard to be your trusted source for good nutrition.

Bennington eWIC Learning Sessions

Tuesday, September 1

9:00 a.m.–3:00 p.m.

Vermont Department of Health
WIC Office, 324 Main Street

Thursday, September 3

9:00 a.m.–3:00 p.m.

Vermont Department of Health
WIC Office, 324 Main Street

Wednesday, September 9

9:00 a.m.–3:00 p.m.

Vermont Department of Health
WIC Office, 324 Main Street

Thursday September 10

1:00–6:00 p.m.

Vermont Department of Health
WIC Office, 324 Main Street

Wednesday September 16

9:00 a.m.–3:00 p.m.

First Congregational Church of
Manchester, 3624 Main Street
(across from Equinox Hotel)

Friday, September 18

9:00 a.m.–3:00 p.m.

Vermont Department of Health
WIC Office, 324 Main Street

Monday, September 21

9:00 a.m.–3:00 p.m.

Vermont Department of Health
WIC Office, 324 Main Street

Tuesday, September 22

9:00 a.m.–3:00 p.m.

Stamford Community Church,
1059 Main Road, Stamford

Tuesday September 29

9:00 a.m.–3:00 p.m.

Vermont Department of Health
WIC Office, 324 Main Street

Wednesday, September 30

9:00 a.m.–3:00 p.m.

Vermont Department of Health
WIC Office, 324 Main Street

Learn more at healthvermont.gov/wic
or facebook.com/vdhbennington